



MCGAW YMCA GROUP EXERCISE SCHEDULE NOVEMBER 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45-7:30am	LES MILLS BODYPUMP® Elizabeth South Gym OR Virtual	Power Yoga Shauna South Gym OR Virtual	Cycling Laima HIIT/Cycle Studio	Power Yoga Shauna South Gym OR Virtual			
7:45-8:30am		Zumba® Rhonda South Gym OR Virtual					
8:45-9:30am	HIIT Circuit Alyson HIIT/Cycle Studio		WERQ® Kristy South Gym OR Virtual	BODYPUMP® Lynn South Gym OR Virtual		Zumba® Kristy South Gym OR Virtual	
9:45-10:30am	Athletic NIA Susan South Gym OR Virtual		Athletic NIA Susan South Gym OR Virtual	Cycling Lynn HIIT/Cycle Studio	Athletic NIA Susan South Gym OR Virtual	Cycling Tricia HIIT/Cycle Studio	Zumba® Kristy South Gym OR Virtual
10:45-11:30am			Active Older Adults Chair Yoga Ine South Gym OR Virtual	Hatha Yoga 9:45-11:10am Ine South Gym OR Virtual	Kickboxing Marilyn South Gym OR Virtual	Hatha Yoga 9:45-11:10am Ine South Gym OR Virtual	
11:45am-12:30pm	Cardio/Strength Dee South Gym OR Virtual		Cardio/Strength Dee South Gym OR Virtual		Active Older Adults Chair Exercise Marsha South Gym OR Virtual	Zumba® Marilyn South Gym OR Virtual	
12:00-12:45pm	Aqua Fit* Maureen 4-Lane Pool	Aqua Zumba®* Dee 4-Lane Pool		Aqua Fit* Maureen 4-Lane Pool	Aqua Fit* Sarah 4-Lane Pool		
12:45-1:30pm	Active Older Adults Chair Exercise Sarah South Gym OR Virtual			HIIT Circuit Alyson HIIT/Cycle Studio			Hatha Yoga 12:45-2:10pm Ine South Gym OR Virtual
3:45-4:30pm		Family Yoga Destini South Gym OR Virtual					
4:45-5:30pm	Yoga/Pilates Fusion Ruth HIIT Studio OR Virtual	HIIT/ViPR Marilyn South Gym	Yoga/Meditation Shauna HIIT Studio OR Virtual	Zumba® Kristy South Gym OR Virtual			
5:45-6:30pm		Zumba® Marilyn South Gym OR Virtual	LES MILLS BODYPUMP® Elizabeth South Gym OR Virtual	HIIT Circuit Alyson HIIT/Cycle Studio			
6:45-7:30pm	WERQ® Kristy South Gym OR Virtual			Boot Camp Marilyn South Gym OR Virtual			

Change from last month's schedule

*Reserve under Pool Reservations
<https://www.mcgawymca.org/pool-reservations/>